Practicum 1: Reflecting on Communication and Conflict

As a first step into Module 1, take some time to work through the activities below. These activities are designed to get you reflecting on your understanding of communication and conflict. In doing so, draw on your experiences with your own clients and/or your own relationships.

Activity 1:Answer the questions below.

Question 1: What is communication?

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Question 2: What are conflict patterns?

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Question 3: What are the most common communication strategies and/or conflict patterns that you see in clients or your own personal relationships?

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Question 4: What communication strategies and/or conflict patterns do you regard as (a) constructive, and (b) destructive in a relationship?

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